



GET THERE

Start Point: Fermoy is on the M8, north of Cork city. Glenabo Woods can also be reached from the Mallow-Fermoy N72. Start at the Glenabo Woods car park, reached by taking the N8 south from Fermoy and turning right onto the Duntahane road and then right, signposted Ballyhooley 8km and Knockanang Coarse Fishing.

Time: 3hrs-3.5hrs.

Distance: 11km.

Difficulty:



Country roads then farmland and woodland paths.

Map: OS SHEET 80